

## **Lifeguarding Study Guide Questions**

You will need to complete the attached Lifeguarding study guide prior to class. You will need to purchase the ARC **Lifeguarding** manual to complete this guide which is provided as an additional resource to help reinforce the learning objectives of the various Lifeguarding, Waterfront Lifeguarding, courses. There are multiple review questions in a variety of formats, such as true and false, fill-in-the-blank, multiple choice and matching, to support the chapters in American Red Cross **Lifeguarding** manual.

- [Chapter 1- The Professional Lifeguard](#)
- [Chapter 2- Injury Prevention and Facility Safety](#)
- [Chapter 3- Patron Surveillance](#)
- [Chapter 4- Emergency Preparation](#)
- [Chapter 5- Rescue Skills](#)
- [Chapter 6- Before Providing Care and Victim Assessment](#)
- [Chapter 7- Breathing Emergencies](#)
- [Chapter 8- Cardiac Emergencies](#)
- [Chapter 9- First Aid](#)
- [Chapter 10- The Benefits of Lifeguarding](#)

You may purchase the book at any Red Cross service center. Call 713 526 8300 for locations or go to [www.houstonredcross.org](http://www.houstonredcross.org)

## **LIFEGUARDING**

### **CHAPTER 1: THE PROFESSIONAL LIFEGUARD**

#### **Multiple Choice**

**Circle the correct answer to the question.**

- 1. The “F” in the FIND decision-making model stands for—**
  - a. Features of lifeguarding.
  - b. Figure out the problem.
  - c. Find the problem.
  - d. Focus on lifeguarding.
- 2. Good Samaritan laws are designed to protect most professional rescuers from—**
  - a. The risk of legal action as a result of sharing information about the victim with bystanders and local media.
  - b. The risk of legal action as long as they act in good faith, within the scope of their training and are not negligent.
  - c. The need to legally document what was seen, heard and done at the scene.
  - d. The need to obtain consent before providing care.
- 3. Before providing care for a conscious injured or ill victim, you must first—**
  - a. Announce to bystanders what you are going to do.
  - b. Begin to write your record of what happened.
  - c. Find out if you have a duty to act.
  - d. Obtain the victim's consent.
- 4. Which of the following is NOT a responsibility of lifeguards?**
  - a. Educating patrons about facility rules and regulations.
  - b. Ensuring the victim returns to his or her previous state of health.
  - c. Minimizing or eliminating hazardous situations or behaviors.
  - d. Providing needed care for the victim.
- 5. Which of the following personal characteristics should be true of a professional lifeguard?**
  - a. Eat and hydrate properly only on days when you are working.
  - b. Maintain a professional attitude, appearance and healthy lifestyle.
  - c. Update certifications within a year after they expire.
  - d. Use sun protection and sunglasses only on hot, sunny days.
- 6. If a victim of injury or illness refuses care, you should—**
  - a. Continue to provide care as needed.
  - b. Explain to the victim why he or she needs care and request the victim to at least allow someone more highly trained, such as EMS personnel, to evaluate the situation.
  - c. Interview bystanders and fill out the incident report.

- d. Tell the victim you are trained to help, your level of training and what you think may be wrong.

**7. Negligence includes all of the following EXCEPT—**

- a. Failing to control or stop any behaviors that could result in further harm or injury.
- b. Failing to provide care.
- c. Providing inappropriate care.
- d. Providing the standard of care.
- e.

**Matching**

**8. Match each term with the correct definition.**

**A. Abandonment**

**B. Confidentiality**

**C. Duty to Act**

**D. Negligence**

**E. Standard of Care**

- \_\_\_ Legal responsibility to act in an emergency while on the job.
- \_\_\_ The victim's right to privacy, which is protected by not sharing information learned about the victim.
- \_\_\_ Guidelines and expectations for professional rescuers, which may be established in part by their training program and in part by state or local authorities.
- \_\_\_ A failure to follow the standard of care or failure to act, which results in someone being injured or causes further harm to the victim.
- \_\_\_ Leaving the scene of an emergency or ceasing to provide care for a victim who requires ongoing care before someone with equal or greater training arrives and takes over.

**Multiple Answers**

**Place a check next to the correct answer or answers.**

**9. To look professional and be prepared to respond appropriately to any situation, a professional lifeguard must—**

- \_\_\_ Wear the lifeguard uniform when on and off duty.
- \_\_\_ Be well groomed.
- \_\_\_ Keep rescue equipment locked in the storage room so it is ready for use when on duty.
- \_\_\_ Sit or stand upright at the lifeguarding station.
- \_\_\_ Keep eyes focused on the assigned area of responsibility at all times.
- \_\_\_ Keep essential personal gear, such as sunglasses, away from the lifeguard station while on surveillance duty.
- \_\_\_ Observe all facility rules, regulations and policies.
- \_\_\_ Eat only when in the lifeguard office or on the lifeguard stand when the area of responsibility is clear of patrons.

**10. Which of the following situations would require obtaining consent from the individual or from a parent or guardian before providing care?**

- ☐ An unconscious victim of a head injury.
- ☐ A person who is conscious with a minor open wound.
- ☐ A person who is currently conscious but previously was unconscious, according to his friend.
- ☐ A child who is with his parents but is unconscious from an accident.
- ☐ A person who can talk and can give information regarding his or her injury or illness.
- ☐ An unconscious child at a lakefront who carpooled with another family but whose parents or guardian cannot be located.
- ☐ A college student who is confused and was seriously injured during a nonfatal submersion.

**True or False**

**Circle true or false.**

- 11. True False    The vast majority of states and the District of Columbia have Good Samaritan laws.**
- 12. True False    Good Samaritan laws protect people who willingly provide emergency care without accepting anything in return.**
- 13. True False    Good Samaritan laws protect people from legal liability resulting from a victim's injury if they act in good faith and provide care outside of their level of training.**
- 14. True False    Good Samaritan laws may not protect a rescuer from legal liability resulting from a victim's injury if the rescuer stopped providing care and left the scene of the emergency before another rescuer of equal or more advanced training arrived to take over.**
- 15. True False    Good Samaritan laws protect all lifeguards.**
- 16. True False    Since accuracy is important in completing your agency's accident reports, remember to record facts, names and personal opinions and feelings when completing the forms.**
- 17. True False    To learn what the lifeguard team members should expect from one another, team members must communicate and practice the facility's EAP together.**
- 18. True False    Annual certification training may include CPR and AED review courses, lifeguarding review courses and review of lifeguarding knowledge and skills.**
- 19. True False    Only lifeguards at seasonal facility need to have annual certification training.**

**20. True False    Seasonal lifeguards can lose knowledge and skills during the off-season.**

**Fill in the Blanks**

**21. The primary responsibility of a lifeguard is to ensure patron safety and protect lives. This can be done in several ways, such as—**

- a. \_\_\_\_\_ injuries by minimizing or eliminating hazardous situations or behaviors.
- b. \_\_\_\_\_ facility rules and regulations and \_\_\_\_\_ patrons about them.
- c. Recognizing and \_\_\_\_\_ quickly and effectively to all emergencies.
- d. Administering \_\_\_\_\_ and CPR or using an AED in an emergency and, if trained, administering emergency oxygen when needed.
- e. Informing other \_\_\_\_\_, facility staff and management when more help or equipment is needed.

**22. The lifeguard team will work together better when they understand the expectations of \_\_\_\_\_ as well as what they can expect from each other.**

**23. When using the FIND decision-making model applied to lifeguarding decisions, FIND means—**

- a. \_\_\_\_\_ out the problem.
- b. \_\_\_\_\_ possible solutions.
- c. \_\_\_\_\_ the pros and cons for each solution.
- d. \_\_\_\_\_ which solution is best.

**Circle the Correct Answer from the Pair**

**24. Preventive lifeguarding (is/is not) one of the keys to minimizing emergency situations.**

**25. You, the first rescuer, arrive on the scene of an injured minor whose parents are present. The 15 year old gives consent for you to treat him or her. You (do/do not) need consent from a parent or guardian of the teenager.**

**26. Earning a lifeguarding certification (means/does not mean) someone has learned all there is to know about lifeguarding.**

**Short Answer**

**27. List at least five characteristics of a professional lifeguard.**

**28. List at least three reasons that a professional lifeguard must exercise as part of his or her responsibility to the job.**

**29. List at least five legal principles involved in emergency care.**

**30. Provide two important reasons for documenting an injury or incident.**

**31. How can management ensure a good lifeguard team for their facility?**

**32. Name three things management can do to support the professional lifeguard.**

## **CHAPTER 2: INJURY PREVENTION AND FACILITY SAFETY**

### **Multiple Choice**

**Circle the correct answer to the question.**

**1. Signs posted in an aquatic facility are an example of what injury-prevention strategy?**

- a. Communication with patrons.
- b. Facility safety checks.
- c. Patron surveillance.
- d. Written hazard standard.

**2. Rules common to the use of facility equipment and play structures include all of the following EXCEPT—**

- a. Do not climb on lifeguard stands or towers.
- b. Do not sit or hang on lane lines or lifelines.
- c. Enter, ride and exit the slide head-first.
- d. One person at a time on the diving board.

- 3. Which of the following rules are common for diving boards and towers?**
  - a. Only one bounce allowed on the diving board.
  - b. Only one person on the diving board at a time.
  - c. Swim immediately to the closest ladder or wall.
  - d. All of the above.
- 4. Play structure guidelines include—**
  - a. No climbing on inflatable play structures on or over dry land.
  - b. No toys allowed in the water.
  - c. Not letting play structure become overcrowded.
  - d. Both a and c.
- 5. If a patron continues to break facility rules—**
  - a. You may need a supervisor or manager to resolve the problem, or give a warning that continued behavior will result in the patron being asked to leave.
  - b. You must immediately call the police.
  - c. You should allow them to get hurt, they would not listen anyway.
  - d. You should immediately have them removed from the facility.
- 6. Safety checks should be conducted—**
  - a. Before opening and after closing the facility.
  - b. Before opening the facility and during operations.
  - c. Before opening the facility, during daily operations and at closing.
  - d. Several times a day when you are not on surveillance duty.
- 7. When performing patron surveillance at an outdoor aquatic facility, a lifeguard should clear everyone from the water—**
  - a. At the first sound of thunder or sighting of lightning.
  - b. Upon hearing a thunderstorm warning for the area on the NOAA Weather Radio All Hazards network.
  - c. When less than 5 seconds lapse between hearing thunder and seeing lightning.
  - d. When thunderhead clouds are seen overhead.
- 8. According to the National Lightning Safety Institute, lifeguards may reopen the pool to patrons following severe weather—**
  - a. 30 minutes after the last rainstorm.
  - b. 30 minutes after the last sound of thunder or last sighting of lightning.
  - c. After a NOAA Weather Radio All Hazards network thunderstorm warning expires.
  - d. As soon as the sun is shining again.

## Multiple Answers

9. For each of the hazards at a waterfront facility, place a “U” by those that are underwater hazards, a “P” by those that are caused by pier formations and a “C” by those that are caused by a change in water conditions.

- \_\_\_ Holes in the swimming area
- \_\_\_ Currents
- \_\_\_ Unanchored floating rafts
- \_\_\_ Unregulated fishing areas
- \_\_\_ Submerged objects
- \_\_\_ Tidal changes
- \_\_\_ Thermoclines
- \_\_\_ Marine life

10. Examples of life-threatening conditions include—

- \_\_\_ Sunburn.
- \_\_\_ Nonfatal submersion.
- \_\_\_ Broken finger.
- \_\_\_ Injuries to the head, neck or back.
- \_\_\_ Unconsciousness.
- \_\_\_ Laceration to the cheek.
- \_\_\_ Sprained ankle.
- \_\_\_ Heart attack.
- \_\_\_ Severe bleeding.
- \_\_\_ No breathing.
- \_\_\_ Broken tooth.

11. You are lifeguarding at a multi-attraction aquatic facility that has a permanent slide. You must be aware of the following guidelines—

- \_\_\_ Enforce age, height and weight guidelines.
- \_\_\_ Only allow two riders on the slide at a time.
- \_\_\_ Enter, ride and exit the slide head-first only.
- \_\_\_ Keep hands inside the slide.
- \_\_\_ No standing or stopping.
- \_\_\_ Keep slide entry and exit points clear.

12. The Hazard Communication Standard has rules about hazardous chemicals to prevent injury and illness caused by an exposure. According to the standard, employees have a right to know—

- \_\_\_ What chemicals a facility should purchase.
- \_\_\_ Which hazardous chemicals are in the facility.



- \_\_\_\_\_ How to identify chemical hazards at the employee's facility.
- \_\_\_\_\_ Which chemicals employees may not have to handle.
- \_\_\_\_\_ What to do if they or others are exposed to such hazards.

**13. Place "WP" in front of those rules or regulations common to a waterpark and "WF" in front of those rules or regulations common to a waterfront.**

- \_\_\_\_\_ No playing or swimming under piers.
- \_\_\_\_\_ No personal watercraft in swim areas.
- \_\_\_\_\_ Patron height restrictions.
- \_\_\_\_\_ No swimsuits with metal rivets, buttons or fasteners.
- \_\_\_\_\_ No stacking of tubes.
- \_\_\_\_\_ No fishing near swimming areas.

**True or False**

**Circle true or false.**

- 14. True False A drowning happens when a person suffocates in the water.**
- 15. True False People with heart disease, diabetes, high or low blood pressure, seizures, epilepsy or other medical conditions should not be allowed to use the spa or hot tub.**
- 16. True False A facility with play structures is just like any other facility and no additional precautions are needed.**
- 17. True False Nonswimmers or weak swimmers may become careless during the excitement of using play structures.**
- 18. True False Swimmers can be surprised by the fall from a drop slide or rope swing.**
- 19. True False If a patron is visiting a facility for the first time, lifeguards should be willing to give the person a break if he or she does not follow a rule.**
- 20. True False Safety checks are the responsibility of the lifeguard on surveillance duty.**
- 21. True False Weather affects the safety of swimmers both indoors and outdoors.**
- 22. True False Management is required to provide lifeguards and other employees with information and training about the chemicals stored and used at their workplace, if their jobs involve handling such items.**
- 23. True False The Material Safety Data Sheet (MSDS) must be kept in a location that is only known to the lifeguard supervisor.**
- 24. True False A lifeguard who follows the OSHA Bloodborne Pathogens Standard eliminates the risk of disease spreading from one person to another from bloodborne pathogens.**

### Fill in the Blanks

25. The two most serious aquatic emergencies to prevent are \_\_\_\_\_ and \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ injuries.
26. Excited children may run, fall and be injured around sprays and fountains in \_\_\_\_\_ water.
27. \_\_\_\_\_ checks are the primary method of facility surveillance.
28. Three general categories of hazards at a waterfront facility are—
- a. \_\_\_\_\_ hazards.
  - b. \_\_\_\_\_ formations.
  - c. Changing \_\_\_\_\_ conditions.
29. After clearing the pool due to severe weather, the National Lightning Safety Institute recommends lifeguards wait \_\_\_\_\_ minutes from the last sound of thunder or last sighting of lightning before letting patrons back into the water.
30. Management has an obligation to protect lifeguards as well as patrons. One major responsibility management should address is \_\_\_\_\_ or dangerous conditions.
31. Management must maintain \_\_\_\_\_ on the facility and its employees.
32. Federal regulations are written and enforced to protect people from chemical \_\_\_\_\_ in and around a facility.
33. After an emergency, management is generally responsible for—
- a. Closing and reopening the \_\_\_\_\_.
  - b. Interacting with the \_\_\_\_\_.
  - c. \_\_\_\_\_ procedures.
  - d. Helping \_\_\_\_\_ with problems related to the incident.
  - e. Reviewing the incident and addressing any needed \_\_\_\_\_ in operations or in the facility's \_\_\_\_\_.

### Ordering

Place the following in the correct order.

34. Place in order the steps used by a lifeguard to educate patrons about inappropriate behavior.

\_\_\_ Explain a safe alternative behavior or activity.

\_\_\_ Explain the hazard or danger.

\_\_\_ Get the patron's attention.

### Circle the Correct Answer from the Pair

35. A tornado (warning/watch) means that a tornado has been sighted and that everyone should take shelter immediately.

**Short Answer**

- 36. List at least six rules which should be posted in writing at almost any aquatic facility.**
- 37. Lifeguards are more effective at their jobs if they understand how accidents and injuries occur. List three ways this understanding may help lifeguards prevent injuries.**
- 38. Why is it important that a lifeguard enforce rules at his or her aquatic facility?**
- 39. Give at least two reasons a patron may break rules at an aquatic facility.**
- 40. List at least four general areas and equipment to inspect that may be on a facility safety check list.**
- 41. List at least five weather conditions that a lifeguard should be alert to while working at an outdoor facility.**

42. What is the most common problem facing lifeguards on surveillance duty at an outdoor aquatic facility when heavy rain or high winds occur?
43. What is one important reason lifeguards at an indoor facility should be aware of approaching severe weather?
44. List at least three responsibilities that a lifeguard should expect from management regarding safety.
45. List at least three reasons why management would require lifeguards to maintain a variety of records and reports.

### **CHAPTER 3: PATRON SURVEILLANCE**

#### **Multiple Choice**

**Circle the correct answer to the question.**

1. When a person's inner core temperature rises above its normal temperature of 98.6° to a temperature of 102.6°F or higher, the person is suffering from—
  - a. A cold-related illness.
  - b. A heat-related illness.
  - c. Seizure.
  - d. Thermocline.
2. The guidelines for effective scanning include all of the following EXCEPT—
  - a. Scan above and below the surface of the water, and include the bottom of the pool in the scan.

- b. Scan for potential problems, particularly arm and leg action, body position and movement through the water.
  - c. Scan the patrons in the assigned area of responsibility.
  - d. Spend more time and attention on patrons who are good swimmers, since they tend to have problems quickly but quietly.
- 3. If a lifeguard is asked a question during patron surveillance, he or she should—**
- a. Ignore the patron.
  - b. Quickly explain that you cannot look at the patron while talking, but you are still listening.
  - c. Refuse to answer the patron's question, telling him or her to wait until you are on break.
  - d. Stop scanning, answer the question in less than 30 seconds and then return to surveillance duty.
- 4. What are the three types of coverage for a lifeguard's area of responsibility involved in patron surveillance?**
- a. Area coverage, overlap coverage and total coverage
  - b. Total coverage, back-up coverage and area coverage
  - c. Total coverage, back-up coverage and zone coverage
  - d. Zone coverage, area coverage and overlap coverage

### Matching

**5. Match each term with the correct definition.**

- A. Active drowning victim**
- B. Distressed swimmer**
- C. Passive drowning victim**
- D. Swimmer**

- \_\_\_ The person makes little or no forward progress in the water. The person might float, scull or tread water. Depending on the means of support, the body position might be horizontal, vertical or diagonal. The face is usually out of the water and he or she can call for help.
- \_\_\_ In most cases the person's arms and legs work in a coordinated and effective way. The body position is nearly horizontal, and there is some breath control. The person is able to make recognizable progress through the water.
- \_\_\_ The person might float face-down, at or near the surface, or might sink to the bottom.
- \_\_\_ The person struggles to keep the face above water in an effort to breathe. The arms are extended to the side, pressing down for support. The body position is vertical with no supporting kick. The person might continue to struggle underwater.

**6. Match each term with the correct definition.**

- A. Elevated stations**
- B. Ground-level stations**

### **C. Rescue water craft**

- ☐ These stations offer a limited view of the entire swimming area since patrons might be hidden from view by play structures or other patrons. The primary purpose of this type of station is to be close to patrons.
- ☐ These stations usually provide the most effective position for patron surveillance because they offer an excellent place for scanning the area of responsibility. This type of station often provides a much better view of patron activities than other positions and is particularly important at a single lifeguard facility.
- ☐ These stations typically patrol the outer edge of a swimming area. Often, someone in trouble in the water can be reached quicker from this type of station than from other types of stations.

### **Multiple Answers**

**Place a check next to the correct answer or answers.**

#### **7. Four elements of effective surveillance include—**

- ☐ Area of responsibility.
- ☐ Communication strategies.
- ☐ Effective scanning.
- ☐ Facility safety checks.
- ☐ Victim recognition.
- ☐ Lifeguard stations.
- ☐ Aquatic injury-prevention strategies.

### **True or False**

**Circle true or false.**

- 8. True False **A lifeguard's primary tool to ensure patron safety and protect lives is patron surveillance.**
- 9. True False **Making a decision that a patron is in trouble in the water must be based on his or her behavior in the water, age and physical characteristics.**
- 10. True False **An intoxicated person can always sober up by going swimming.**
- 11. True False **Scan crowded areas carefully. Partially hidden arm movements might indicate that a victim is actively drowning.**
- 12. True False **Lifeguards should stand up when waves are present during patron surveillance at a wave pool.**

### **Fill in the Blanks**

13. Lifeguards will spend most of their time on patron \_\_\_\_\_.

14. Lifeguards should consider anyone who is submerged or floating face-down and motionless for \_\_\_\_\_ seconds to be a passive drowning victim.
15. An active drowning victim usually stays at the \_\_\_\_\_ for only 20 to 60 seconds.
16. During \_\_\_\_\_, body temperatures drop below 95°F.
17. Various factors can affect a lifeguard's scanning technique. Lifeguards need to make adjustments for—
  - a. \_\_\_\_\_ of responsibility.
  - b. The type and \_\_\_\_\_ of the lifeguard station.
  - c. The variety of patron \_\_\_\_\_ in the area being scanned.
  - d. The \_\_\_\_\_ of patrons in the area of responsibility.
  - e. \_\_\_\_\_.
18. In \_\_\_\_\_ coverage, the swimming area is divided into separate areas of responsibility for each lifeguard station.
19. The RID factor is summarized as—
  - a. The failure of the lifeguard to \_\_\_\_\_ the instinctive drowning response.
  - b. The \_\_\_\_\_ of secondary duties on the lifeguard's primary responsibility of patron surveillance.
  - c. \_\_\_\_\_ from surveillance duties.
20. Some waterparks have pools that produce \_\_\_\_\_ of various heights, intervals and patterns.

### Ordering

Place the following in the correct order.

21. Place in sequence the four steps necessary to relieve a lifeguard at an elevated station, where Lifeguard 1 is the lifeguard currently on surveillance duty and Lifeguard 2 is the relieving lifeguard.

- \_\_\_\_\_ Once on the deck, Lifeguard 1 takes a position next to the stand and resumes his or her surveillance of the area. On a signal, Lifeguard 2 climbs up in the stand and begins scanning.
- \_\_\_\_\_ Lifeguard 2 signals or tells Lifeguard 1 that he or she can leave.
- \_\_\_\_\_ Lifeguard 2 asks Lifeguard 1 whether any patrons in the area of responsibility need closer than normal supervision.
- \_\_\_\_\_ Lifeguard 2 takes a position next to the stand and begins scanning the area of responsibility. After a few moments of scanning, Lifeguard 2 signals for Lifeguard 1 to climb down.

### Circle the correct answer from the pair

22. Splashing water on a person's face or immersing a person in water (will/will not) reduce the amount of alcohol in the bloodstream and reduce the effects of alcohol.

- 23. During patron surveillance, lifeguards (should/should not) wait for other lifeguards to indicate someone is drowning.**
- 24. Lifeguards (should/should not) take a break from surveillance duty at least once an hour.**
- 25. When conducting patron surveillance at a wave pool, lifeguards (should/should not) rotate quickly when waves are present.**
- 26. At a facility where a buddy system is used, when a buddy is missing or in trouble, notifying the lifeguard (is/is not) the first safeguard provided by the buddy system.**
- 27. Buddy checks (are/are not) a replacement for effective patron surveillance.**

**Short Answer**

- 28. What is a lifeguard's primary responsibility?**
  
- 29. What four elements of patron behavior will a lifeguard analyze to determine the difference between a distressed swimmer and a drowning victim?**
  
- 30. A passive drowning can result from a variety of conditions that can lead to a loss of consciousness. List at least four possible conditions.**
  
  
  
  
  
  
  
- 31. List three ways alcohol can affect a person in the water and lead to drowning or injury.**
  
  
  
  
  
  
  
- 32. Water craft must be properly equipped when used as a lifeguard station. List at least five pieces of equipment or items necessary to equip water craft for use by lifeguards.**



**33. At a facility with play structures, effective surveillance depends upon several factors. List at least four effective surveillance factors specific to play structures.**

**34. List three general principles that lifeguards should follow when performing patron surveillance at a waterpark.**

**35. List at least two injuries which could occur at a facility with water slides.**

**36. List at least three injury-prevention strategies that should be implemented by camps operating waterfront or swimming pool facilities.**

**37. List at least two locations or activities that may require special considerations for patron surveillance.**

## CHAPTER 4: EMERGENCY PREPARATION

### Multiple Choice

Circle the correct answer to the question.

1. The aquatic safety team includes all of the following EXCEPT—
  - a. Concessions staff.
  - b. Hospital staff.
  - c. Lifeguards.
  - d. Swimming instructors.
2. What important information should be posted on or near all telephones in your aquatic facility?
  - a. Emergency numbers
  - b. Hours of operation
  - c. Staff work schedule
  - d. Facility course schedule
3. Controlling bystanders during an emergency is a responsibility of a lifeguard or other member of the aquatic safety team. Controlling bystanders might involve—
  - a. Only assigning one lifeguard or aquatic safety team member to manage bystanders.
  - b. Keeping bystanders and any children away from the water's edge if the facility is cleared.
  - c. Repeating your commands and requests only if the crowd asks for an explanation.
  - d. Using a firm voice to yell to the patrons to stay back.

### Multiple Answers

Place a check next to the correct answer or answers.

4. Responsibilities of the aquatic safety team members during an emergency may include—
- \_\_\_ Stocking the first aid kit.
  - \_\_\_ Summoning EMS personnel.
  - \_\_\_ Performing or assisting with a rescue.
  - \_\_\_ Taking head counts.
  - \_\_\_ Providing back-up coverage.
  - \_\_\_ Running a lifeguard challenge.
  - \_\_\_ Controlling bystanders.
  - \_\_\_ Clearing the pool or facility.
  - \_\_\_ Scheduling staff.

### True or False

Circle true or false.

5. True False **With guidance, bystanders can help during an emergency.**
6. True False **An EAP does not state who gets the equipment and how to get it to the injured victim because that is practiced during in-service training.**
7. True False **The EAP at a rural waterfront should factor in a longer response time than an aquatic facility in the middle of a city.**
8. True False **After a victim has received care and has been released to EMS personnel, lifeguards and other members of the safety team still have several tasks to complete.**
9. True False **The decision to reopen a facility following a significant incident may depend upon whether enough lifeguards are ready to go back to surveillance duty.**
10. True False **A lifeguard may not recognize that he or she is suffering from critical incident stress following a significant incident.**
11. True False **Following a significant incident, only lifeguards actually involved in the incident, management or a designated spokesperson should talk to the media or others about the incident.**

#### **Fill in the Blanks**

12. The goals of a staff debriefing are to—
  - a. \_\_\_\_\_ what happened.
  - b. Assess the effectiveness of the \_\_\_\_\_.
  - c. Consider new ways to \_\_\_\_\_ similar incidents in the future.
  - d. Be alert for \_\_\_\_\_ reactions.
13. A critical incident may cause a strong \_\_\_\_\_ reaction and hurt one's ability to \_\_\_\_\_ and function during and after the incident.

#### **Ordering**

**Place the following in the correct order.**

14. Place the ten steps of an EAP in the correct order.

- \_\_\_\_\_ Witnesses are interviewed.
- \_\_\_\_\_ The lifeguard follows the general procedures for emergencies that occur in the water or on land.
- \_\_\_\_\_ Corrective action taken.
- \_\_\_\_\_ The chain of command is notified.
- \_\_\_\_\_ Equipment is checked.
- \_\_\_\_\_ The lifeguard recognizes that someone needs immediate help.
- \_\_\_\_\_ Safety team members assist in the emergency.
- \_\_\_\_\_ The lifeguard activates the EAP.

\_\_\_\_\_ Follow-up staff discussion.

\_\_\_\_\_ Reports are completed.

**Circle the Correct Answer from the Pair**

**15. If EMS personnel take the victim to the hospital on the facility's only backboard, the facility (may/may not) be reopened.**

**Short Answer**

**16. What is an EAP?**

**17. You are a lifeguard on surveillance duty at a waterpark. List three emergency preparation steps to consider in an EAP for waterparks.**

**18. List at least five common signals used to communicate during an emergency.**

**19. Following an emergency at your facility, after the victim has received care and has been released to EMS personnel, list at least four tasks you need to complete.**

**20. List four situations that are considered critical incidents and may lead to health problems for lifeguards.**

## CHAPTER 5: RESCUE SKILLS

### Multiple Choice

Circle the correct answer to the question.

1. **In addition to equipment such as rescue tubes, other equipment such as ring buoys and reaching equipment may be required due to—**
  - a. Lifeguard preference.
  - b. OSHA regulations.
  - c. State and local laws and regulations.
  - d. Work practice controls.
2. **When performing patron surveillance, always keep the rescue tube ready to use and—**
  - a. Hold the excess line to keep it from getting caught in the chair or other equipment.
  - b. Hold the rescue tube to your side when standing or on roving patrol.
  - c. Keep the strap in your hand, ready to put over your shoulder and neck.
  - d. Place the rescue tube next to you when sitting in the lifeguard chair.
3. **Under which of the following circumstances would you use a submerged victim rescue?**
  - a. When the drowning victim has another victim holding onto them.
  - b. When the drowning victim is below the surface and beyond your reach.
  - c. When the drowning victim is far from shore.
  - d. When the drowning victim is just below the surface.
4. **An active drowning victim rear rescue can be used for—**
  - a. A distressed swimmer.
  - b. A submerged victim.
  - c. A victim just under the surface of the water.
  - d. An active drowning victim or a distressed swimmer.
5. **When performing a two-person removal from the water using a backboard, how can the rescuers keep the backboard in place so that it remains in-line or parallel to the victim's body to ensure that the victim does not come off the board during removal?**
  - a. By lifting the backboard from the water very quickly
  - b. By moving the victim onto the backboard as quickly as possible
  - c. By placing his or her foot closest to the backboard against the edge of the board
  - d. By pressing down evenly with the opposite hands on the backboard
6. **How do you approach the victim using a rescue board when rescuing a distressed swimmer or active drowning victim?**
  - a. Approach the victim either face first or from the rear, making sure to approach bow first.
  - b. Approach the victim face first, so that the bow of the rescue board is in front of the victim.
  - c. Approach the victim from the rear, so that the bow of the rescue board is behind the victim.

d. Approach the victim from the side, so that the side of the rescue board is next to the victim.

**7. Which of the following statements is true if your facility has rescue water craft available for rescues?**

- a. Lifeguards are responsible to purchase equipment for use in the rescue water craft.
- b. Management must train lifeguards in the use of its rescue water craft.
- c. Rescue water craft is expensive equipment and should not be used for practice purposes.
- d. When rescue water craft is available, a lifeguard is not needed.

### **Matching**

**8. Match each term with the correct definition.**

**A. Reaching pole**

**B. Rescue board**

**C. Rescue tube**

**D. Ring buoy**

**E. Shepherd's crook**

\_\_\_ Made of plastic or fiberglass, it is similar in shape to a surf board. Primarily used at waterfronts.

\_\_\_ Made of vinyl, it is a 45- to 54-inch long foam-filled device with an attached tow line and shoulder strap.

\_\_\_ Made of buoyant material, it typically ranges from 20 to 30 inches in diameter with an attached line that ranges from 30 to 60 feet.

\_\_\_ Made of aluminum or fiberglass, it is usually about 10 to 15 feet long.

\_\_\_ Made of aluminum or fiberglass, it is usually about 10 to 15 feet long with a large hook on one end.

**9. Match each term with the correct definition.**

**A. Compact jump**

**B. Run-and-swim entry**

**C. Slide-in entry**

**D. Stride jump**

\_\_\_ Used when the lifeguard is more than 3 feet above the water, but only if the water is at least 5 feet deep. Can also be done from a pool deck into the water.

\_\_\_ Used in shallow water; crowded pools; or when a victim with a head, neck or back injury is close to the side of the pool or pier.

\_\_\_ Used to enter the water from a gradual slope, such as a shoreline or wave pool.

\_\_\_ Used with a rescue tube only if the water is at least 5 feet deep and the lifeguard is no more than 3 feet above the water.

**10. Match each term with the correct definition.**

**A. Extension assist from the deck**

**B. Reaching assist with equipment**

**C. Simple assist**

**D. Throwing assist**

\_\_\_ Used with equipment when the victim is close to the deck, shoreline or pier and beyond the range of the rescue tube. Equipment is used to extend the rescuer's reach out or to bring the victim closer.

\_\_\_ Used with equipment when a distressed swimmer is beyond the range of a reaching device.

\_\_\_ Used with a rescue tube when a victim is close to the side of the pool or a pier. The assist is completed by holding out the rescue tube to a distressed swimmer from the pool deck or pier.

\_\_\_ Used in shallow water, this assist may be as easy as helping a person to his or her feet or helping the person maintain his or her balance.

**Match each term with the correct definition.**

**A. Beach drag**

**B. Front-and-back carry**

**C. Two-person removal from the water using a backboard**

**D. Walking assist**

\_\_\_ Used to remove a possibly unconscious victim from the water at the edge of the pool or a pier and a head, neck or back injury is not suspected.

\_\_\_ Used to remove a conscious victim from shallow water.

\_\_\_ Used to remove a victim who is unconscious or who cannot walk from the water where a gradual slope or zero-depth exit is present and a head, neck or back injury is not suspected.

\_\_\_ Used by two rescuers in shallow water with a zero-depth exit or gradual slope if the victim is unconscious or cannot get out of the water without help and a head, neck or back injury is not suspected.

**Multiple Answers**

**Place a check next to the correct answer or answers.**

**11. Place an "S" for the steps common to a shallow-water line search and a "D" for the steps common to a deep-water line search.**

\_\_\_ Searchers must be lifeguards.

\_\_\_ Uses a surface dive.

\_\_\_ Used in water greater than chest deep.

\_\_\_ Searchers can be volunteers.

\_\_\_ Used in water less than chest deep.

- \_\_\_ Searchers form a straight line an arm's length from each other.
- \_\_\_ Searcher swim forward a set number of strokes.
- \_\_\_ Searchers return to the surface as straight up as possible.
- \_\_\_ Searcher should link arms and hold hands in a straight line.
- \_\_\_ As the line moves slowly forward, searchers sweep their feet across the bottom.

### **True or False**

**Circle true or false.**

12. True False **During a drowning, the lifeguard recognizes an emergency in the water, activates the EAP, uses rescue equipment and follows the general procedures for a water emergency.**
13. True False **Assists are the most common help given to patrons, especially at waterparks.**
14. True False **When completing the passive submerged victim rescue in deep water, if the victim is deeper than the strap and towline can extend, release the strap and towline, grasp the victim, push off the bottom (if possible) and kick to the surface.**
15. True False **A multiple-victim rescue is controlled best by one rescuer.**
16. True False **A feet-first surface dive may need to be performed during an escape.**
17. True False **When rescuing someone who is unconscious or cannot hold or climb onto the rescue board, use caution when flipping the board to ensure that the victim's armpits and upper arms remain along the edge of the rescue board during the flip.**
18. True False **Fins with larger blades are better for someone who may be a weaker swimmer.**
19. True False **An underwater search for a scuba diver in open water should be conducted by trained search-and-rescue scuba personnel, even when lifeguards are present.**

### **Fill in the Blanks**

20. The type of entry used to enter the water during a rescue depends on—
  - a. The \_\_\_\_\_ of the water.
  - b. The lifeguard station—whether the lifeguard station is \_\_\_\_\_ or at ground level.
  - c. \_\_\_\_\_ in the water, such as patrons, lane lines and safety lines.
  - d. The location and \_\_\_\_\_ of the victim.
  - e. The \_\_\_\_\_ of the facility.



21. The best way to approach a victim during a short distance rescue is with a modified \_\_\_\_\_ or \_\_\_\_\_.
22. Use the \_\_\_\_\_ victim rescue for shallow water when the victim is face-down, at or near the surface but seems unconscious and a head, neck or back injury is not suspected.
23. If a rescue tube is lost during the rescue and a drowning victim grabs onto the lifeguard, a(n) \_\_\_\_\_ should be used.
24. When performing a beach drag, walk backwards using your \_\_\_\_\_, not your back, and drag the victim out of the water.
25. Keep a \_\_\_\_\_ board clean of suntan lotions and body oils, which can make it slippery.
26. To use a rescue board, hold on to the sides about \_\_\_\_\_ when entering the water. Once you are in knee deep water, lay the rescue board down on the water and push it forward. Climb onto the rescue board just \_\_\_\_\_ the middle and lie down.
27. When paddling on a rescue board in the prone position, use either the \_\_\_\_\_ or \_\_\_\_\_ arm strokes.
28. A mask is made up of \_\_\_\_\_, flexible material, with nontinted, tempered safety and a head strap that can be easily \_\_\_\_\_.
29. Cold water is generally defined as water \_\_\_\_\_ or colder.

### Ordering

Place the following in the correct order.

30. Place in sequence the nine steps a lifeguard takes when performing a rescue.

- \_\_\_ Activates the EAP
- \_\_\_ Assesses the victim's condition
- \_\_\_ Provides emergency care as needed
- \_\_\_ Recognizes an emergency in the water
- \_\_\_ Performs an appropriate rescue
- \_\_\_ Uses rescue equipment
- \_\_\_ Removes the victim from the water
- \_\_\_ Moves the victim to safety
- \_\_\_ Safely enters the water, if needed

31. Place in order the first three steps necessary to perform an escape immediately after the victim grabs a lifeguard.

- \_\_\_ Tuck the chin
- \_\_\_ Turn the head to either side
- \_\_\_ Take a quick breath of air

**Circle the Correct Answer from the Pair**

- 32. (Use/Do not use) the passive drowning victim rear rescue technique for a victim who is suspected of having a head, neck or back injury.
- 33. When performing a two-person removal from the water using a backboard, the second rescuer who is on deck (crosses/does not cross) his or her hands to grab the victim's wrists.
- 34. To rescue someone who is unconscious or cannot hold or climb onto the rescue board, make sure the victim's armpits (are/are not) along the edges of the board.
- 35. The initial assessment of a victim of a cold water drowning (may/does not) require more to time to complete since vitals signs may be slowed.
- 36. For the safety of the lifeguard, a line and reel (should/should not) be used when entering cold water to complete a rescue.

**Short Answer**

- 37. List at least three things to consider when deciding to remove a victim from the water.
- 38. What is the most important thing to remember about a reaching assist with equipment or a throwing assist after the equipment is extended or thrown to the victim?
- 39. Name the primary piece of rescue equipment used by lifeguards.
- 40. List four important reasons for using the rescue tube to perform a water rescue.
- 41. List in the correct order the five steps for completing a swimming extension rescue for a distressed victim.

- 42. List the condition(s) when it is appropriate to use a passive drowning victim rear rescue.**
- 43. What is the goal in a passive drowning victim rear rescue?**
- 44. In what circumstances would a lifeguard use a feet-first surface dive when performing a rescue?**
- 45. List the four options lifeguards can use to remove a victim from the water.**
- 46. You are performing an active drowning victim rear rescue. After squeezing the rescue tube between your chest and the victim's back, why do you turn your head to one side before leaning back and pulling the victim onto the rescue tube?**
- 47. List two reasons why properly positioning the victim on the rescue tube is important when performing a water rescue?**
- 48. You are performing a rescue and lose contact with the victim. The victim grabs you from the front and tries to climb on top of you to get a breath. What should you do?**

**49. In a waterfront situation when a drowning victim submerges, what can lifeguards do to help mark the victim's last known position?**

**50. List the three major principles to follow when using a motorized watercraft to make a rescue.**

**51. In some ways, cold water can be beneficial and may increase a person's chance of survival in a drowning. Explain why this would be true.**

**52. How do you check that a mask fits properly?**

## **CHAPTER 6: BEFORE PROVIDING CARE AND VICTIM ASSESSMENT**

### **Multiple Choice**

**Circle the correct answer.**

**1. Which of the following is NOT a bloodborne pathogen of primary concern to lifeguards?**

- a. Gingivitis
- b. Hepatitis B
- c. Hepatitis C
- d. HIV

**2. The most effective way to prevent hepatitis B is—**

- a. Getting the hepatitis B vaccine.
- b. Reporting an exposure incident to your supervisor.
- c. Using 1 part bleach per 10 parts of water to clean up a blood spill.
- d. Wearing gloves.

- 3. All of the following conditions must be met in order for disease transmission to occur EXCEPT—**
- a. A pathogen is present.
  - b. A person is susceptible to the pathogen.
  - c. An insufficient quantity of the pathogen is present to cause disease.
  - d. The pathogen passes through the correct entry site.
- 4. You are cleaning up a blood spill. An untrained employee picks up gauze with blood on it. She is not wearing disposable gloves. Her action is an example of exposure through—**
- a. Direct contact.
  - b. Droplet transmission.
  - c. Indirect contact.
  - d. Vector-borne transmission.
- 5. Which of these guidelines should NOT be followed when using personal protective equipment?**
- a. Keep any cuts, scrapes or sores covered prior to putting on protective clothing.
  - b. Reuse disposable gloves or punctured gloves only if they are not too bloody.
  - c. Use a breathing barrier when giving rescue breaths to a person.
  - d. Wear disposable gloves whenever providing care.
- 6. You can protect yourself from disease transmission by doing all of the following EXCEPT—**
- a. Avoiding direct or indirect contact with blood and other potentially infectious materials.
  - b. Cleaning and disinfecting all equipment and work surfaces possibly soiled by blood or other body fluids.
  - c. Performing CPR or rescue breathing without a breathing barrier.
  - d. Thoroughly washing your hands after providing care.
- 7. Work practice controls include—**
- a. Not eating or drinking when you are in an area where you may be exposed.
  - b. Placing sharp items in the trash can.
  - c. Removing soiled gloves and placing them in the office trash can.
  - d. Reusing disposable gloves after rinsing them with water.
- 8. Which of the following best describes universal precautions?**
- a. Universal precautions detail the 6-step procedure for proper glove removal.
  - b. Universal precautions help you identify the symptoms and modes of transmission of bloodborne pathogens.
  - c. Universal precautions require that all blood and other potentially infectious materials be treated as if known to be infectious for hepatitis B, hepatitis C, HIV or other bloodborne pathogens.
  - d. Universal precautions specify safe hand-washing practices in the workplace.

**9. An exposure control plan—**

- a. Is a confidential plan that should not be shared with employees.
- b. Is the written program for minimizing or eliminating employee exposure incidents.
- c. Means that every individual employee in the workplace must handle blood or other potentially infectious body fluids.
- d. Requires that employers provide free immunizations for people exposed to influenza.

**10. If you are exposed to blood or other body fluids—**

- a. Apply ice to the exposed area.
- b. Report the incident to your supervisor after a day.
- c. Wait to see if you become ill before reporting the incident.
- d. Wash or flush the exposed area immediately.

**11. One of the first steps to follow during an emergency is—**

- a. Conducting an initial assessment.
- b. Documenting what happened.
- c. Planning for an emergency.
- d. Transporting the victim to the hospital.

**12. Why should you conduct an initial assessment in every situation?**

- a. To identify any life-threatening conditions
- b. To protect the victim and bystanders from dangers at the scene
- c. To protect you from legal actions
- d. To reassure the victim

**13. EMS personnel should be summoned for all of the following conditions EXCEPT—**

- a. A yellowing of the skin.
- b. Breathing problems (difficulty breathing or no breathing).
- c. Chest pain or discomfort that lasts 3 to 5 minutes or that goes away and comes back.
- d. Severe headache or slurred speech.

**14. Personal protective equipment such as disposable gloves help to—**

- a. Maintain breathing.
- b. Protect against disease transmission.
- c. Reduce the amount of oxygen in a victim's blood.
- d. Restart the heart.

**15. The steps you perform in an initial assessment are—**

- a. Check for consciousness, signs of life, a pulse and severe bleeding.
- b. Perform 5 abdominal thrusts and 5 back blows.
- c. Place the victim in a modified-H.A.I.N.E.S. recovery position and monitor the ABCs.

- d. Roll the victim onto his or her back and provide rescue breaths at a rate of 1 breath about every 3 seconds.

**16. You are caring for a victim in an emergency who may have ingested drugs. The victim suddenly becomes hostile, violent and threatening. As a lifeguard, what should you do?**

- a. Attempt to restrain the victim until he or she calms down
- b. Continue to attempt to treat the victim because he or she needs your care
- c. Leave the scene, it is too dangerous to remain on site
- d. Remove yourself from harm, observe the victim and wait for law enforcement to arrive

**17. In an emergency, move a victim only if not moving him or her will cause further harm to the victim or the rescuer. Which of the following includes examples of such a situation?**

- a. Confined, downed power lines; moving traffic; or domestic animals
- b. Explosions, fire, toxic gas exposure or unstable structures in the immediate vicinity
- c. Rainstorms, moving traffic or power outages
- d. Unstable structures a block away or power outages

**18. When checking for signs of life during the initial assessment, you are looking for—**

- a. Chest and arm movement.
- b. Circulation and breathing.
- c. Circulation and chest movement.
- d. Movement and normal breathing.

### **Matching**

**19. Match each term with the correct definition.**

**A. Bacteria**

**B. Bloodborne pathogens**

**C. Hepatitis B**

**D. Hepatitis C**

**E. HIV**

**F. Virus**

\_\_\_ A form of pathogen that can live outside the body and commonly do not depend on other organisms for life.

\_\_\_ The virus attacks white blood cells and destroys the body's ability to fight infection. The virus that causes acquired immunodeficiency virus (AIDS).

\_\_\_ A common form of pathogen that depends on other organisms to live and once in the body is difficult to kill.

\_\_\_ Bacteria and viruses present in blood and body fluids.

\_\_\_ A liver infection that can be severe or even fatal, where vaccination is the most effective means of prevention.

\_\_\_ The most common chronic bloodborne infection in the United States.

**20. Match each term with the correct definition.**

**A. BSI precautions/standard precautions**

**B. Engineering controls**

**C. Exposure control plans**

**D. OSHA regulations and guidelines**

**E. Universal precautions**

**F. Work practice controls**

\_\_\_ Measures that isolate or remove a hazard from the workplace. The things used in the workplace to help reduce the risk of an exposure incident.

\_\_\_ Practices that help reduce the likelihood of exposure by changing the way a task is carried out. The things employees do to help reduce the risk of an exposure incident.

\_\_\_ Treating all blood and other potentially infectious materials as if they are known to be infectious.

\_\_\_ A written program that outlines the protective measures an employer will take to eliminate or minimize exposure incidents.

\_\_\_ Apply to employees who may come into contact with blood or other body fluids that could cause an infection and help employers meet the bloodborne pathogen standard to prevent transmission of serious diseases.

\_\_\_ Approaches that consider all blood and body fluids to be infectious.

**21. Match each term with the correct definition.**

**A. Blanket drag**

**B. Clothes drag**

**C. Foot drag**

**D. Pack-strap carry**

**E. Two-person seat carry**

**F. Walking assist**

\_\_\_ Used to move a clothed victim who you think may have a head, neck or back injury.

\_\_\_ Used to help a victim who needs assistance walking to safety.

\_\_\_ Used to move a victim too large to carry or move otherwise.

\_\_\_ Used to carry a conscious victim who cannot walk and has no suspected head, neck or back injury.

\_\_\_ Used to move an unconscious victim in an emergency situation when rescue equipment is limited.

\_\_\_ Used to help move a conscious or unconscious victim with no suspected head, neck or back injury.



## Multiple Answers

Place the correct symbol next to the correct answer.

**22. Place an “E” by those measures or practices that are Engineering Controls and a “W” by those that are Work Practice Controls.**

- \_\_\_ Placing sharps items in appropriate containers
- \_\_\_ Biohazard bags
- \_\_\_ Removal and disposal of soiled personal protective equipment
- \_\_\_ Cleaning and disinfecting all equipment and work surfaces possibly soiled by blood or other potentially infectious materials
- \_\_\_ Personal protective equipment
- \_\_\_ Sharps containers
- \_\_\_ Washing hands after providing care
- \_\_\_ Self-sheathing needles
- \_\_\_ Not drinking; eating; smoking; handling contact lenses; touching the eyes, nose or mouth; or applying lip balm cosmetics in areas where blood or other potentially infectious materials may be transmitted
- \_\_\_ Biohazard labels

## True or False

Circle True or False.

**23. True False Using a resuscitation mask when giving rescue breaths promotes safe practices by reducing the risk of transmitting bloodborne pathogens.**

## Fill in the Blanks

- 24. Adopting \_\_\_\_\_ behavior is the best tool against exposure to hepatitis B, hepatitis C, HIV and other bloodborne pathogens.**
- 25. Unprotected skin contact with blood-soaked bandages from a first aid incident is an example of \_\_\_\_\_ contact.**
- 26. Wear \_\_\_\_\_ gloves whenever providing care, particularly if you may come into contact with blood or other potentially infectious materials.**
- 27. Keep any cuts, scrapes or sores \_\_\_\_\_ prior to putting on protective coverings such as a mask, eyewear and gown.**
- 28. \_\_\_\_\_ disposable gloves before providing care to a different person.**
- 29. In addition to gloves, wear other personal protective equipment, such as \_\_\_\_\_ to protect the eyes, whenever you are likely to come into contact with blood or other body fluids or while cleaning up a biohazard spill.**

30. If you are a lone rescuer, \_\_\_\_\_ First, meaning call 9-1-1 or the local emergency number before providing care for an unconscious adult or child age 12 or older.
31. If you are a lone rescuer, \_\_\_\_\_ First for an unconscious child or infant younger than 12 years old.
32. \_\_\_\_\_ First if you suspect a cardiac emergency.
33. \_\_\_\_\_ First situations are likely to be related to \_\_\_\_\_ emergencies rather than cardiac emergencies.

### Ordering

Place the following in the correct order.

34. You have responded to an emergency involving blood at your facility. After providing care, you are responsible for cleaning and disinfecting the area (a solid-surface floor). Place the seven steps in the correct order, starting with 1, that you would take to disinfect the area.

- \_\_\_\_\_ Clean up spills immediately or as soon as possible after the spill occurs.
- \_\_\_\_\_ Wear disposable gloves and other personal protective equipment when cleaning up spills.
- \_\_\_\_\_ Dispose of the absorbent material used to collect the spill in a labeled biohazard container
- \_\_\_\_\_ Scrub soiled boots; leather shoes; and other leather goods, such as belts, with soap, a brush and hot water. If you wear a uniform to work, wash and dry it according to the manufacturer's instructions.
- \_\_\_\_\_ Flood the area with a fresh disinfectant solution of approximately 1½ cups of liquid chlorine bleach to 1 gallon of water (1 part bleach per 10 parts water), and allow it to stand for at least 10 minutes.
- \_\_\_\_\_ If the spill is mixed with sharp objects, such as broken glass and needles, do not pick these up with your hands. Use tongs, a broom and dustpan or two pieces of cardboard.
- \_\_\_\_\_ Use appropriate material to absorb the solution, and dispose of it in a labeled biohazard container.

### Circle the Correct Answer from the Pair

35. Hepatitis B, hepatitis C and HIV (are/are not) spread by casual contact such as shaking hands.
36. (Do/Do not) use disposable gloves that are discolored, torn or punctured.
37. (Do/Do not) reuse disposable gloves.
38. (Do/Do not) wear disposable gloves or other protective clothing or equipment away from the workplace.
39. (Do/Do not) handle items such as pens, combs or radios when wearing soiled gloves.
40. If you wear disposable gloves, you (do/do not) need to wash your hands after providing care.

**Short Answer**

- 41. Name four types of exposures to blood that professional rescuers, such as lifeguards, might encounter.**
  
  
  
  
  
  
  
  
  
  
- 42. Give two examples of correct entry sites where transmission of bloodborne pathogens could occur from occupational exposure.**
  
  
  
  
  
  
  
  
  
  
- 43. What role do OSHA regulations play in preventing the spread of bloodborne pathogens?**
  
  
  
  
  
  
  
  
  
  
- 44. List at least five types of personal protective equipment used in the facility to keep lifeguards from directly contacting infected materials.**
  
  
  
  
  
  
  
  
  
  
- 45. List the six steps necessary to correctly wash hands after providing care.**

46. While providing care to a victim you note that you were exposed by direct contact to the victim's blood or other potentially infectious material. What must you do immediately?
47. List the four general steps to follow in an emergency occurring on land.
48. List in the correct order the four steps necessary to properly complete an initial assessment.
49. Name three situations in which a lone responder would Care First, that is, provide 2 minutes of care, then call 9-1-1 or the local emergency number.

## **CHAPTER 7: BREATHING EMERGENCIES**

### **Multiple Choice**

**Circle the correct answer.**

- 1. Breathing barriers help to—**
  - a. Maintain breathing.
  - b. Protect against disease transmission.
  - c. Restart the heart.
  - d. Reduce the amount of oxygen in a victim's blood.
- 2. The care provided to an adult who is not moving or breathing, but has a pulse (respiratory arrest), is—**
  - a. Perform 5 abdominal thrusts, with each thrust being a distinct attempt to dislodge the object.
  - b. Place the adult in a modified-H.A.IN.E.S. recovery position.

- c. Give rescue breaths at a rate of 1 rescue breath about every 3 seconds.
  - d. Give rescue breaths at a rate of 1 rescue breath about every 5 seconds.
- 3. You find an unconscious 6-year-old boy. After sizing up the scene and obtaining consent, you perform an initial assessment and determine that the boy is not moving or breathing, but has a pulse. At what rate do you perform rescue breathing for the child?**
- a. About one rescue breath every minute
  - b. One rescue breath about every 3 seconds
  - c. One rescue breath about every 5 seconds
  - d. One rescue breath every few minutes
- 4. A child is clutching his throat with both hands. You obtain consent from the parent to provide care to the child. After summoning EMS personnel and putting on the appropriate personal protective equipment, what should you do?**
- a. Stand or kneel behind the child and give 3 back blows followed by 3 chest thrusts
  - b. Stand or kneel behind the child and give 5 back blows
  - c. Stand or kneel behind the child and give 5 chest thrusts
  - d. Stand or kneel behind the child and give 5 back blows followed by 5 chest thrusts
- 5. A mother yells to you that something is wrong with her infant. You obtain consent and put on the appropriate personal protective equipment. During the initial assessment, you determine the unconscious infant has an airway obstruction. What is the proper sequence of care for an unconscious infant?**
- a. Give 5 back blows followed by 5 chest thrusts
  - b. Give 3 chest thrusts, look for an object and give 1 rescue breaths
  - c. Give 5 chest thrusts, immediately do a finger sweep and give 2 rescue breaths
  - d. Give 5 chest thrusts, look for an object and give 2 rescue breaths

### Matching

**6. Match each term with the correct definition.**

**A. Bag-valve-mask resuscitator**

**B. Resuscitation mask**

**C. Face shield**

- \_\_\_\_\_ A lightweight, plastic cover that lies across the victim's face with a one-way valve that enables a rescuer to perform rescue breathing and reduces the risk of disease transmission.
- \_\_\_\_\_ A hand-held device used primarily to ventilate a victim in respiratory arrest, but also used for a victim in respiratory distress.
- \_\_\_\_\_ A flexible, dome-shaped device that covers the victim's mouth and nose, creating a seal that allows the rescuer to perform rescue breathing.

### Multiple Answers

Place a check next to the correct answer or answers.

7. Signs that a victim may be suffering from hypoxia include—

- ☐ Decreased breathing and heart rates.
- ☐ Blue lips and nailbeds.
- ☐ A change in the level of consciousness.
- ☐ Sleeplessness.
- ☐ Chest pain.
- ☐ Increased breathing and heart rates.
- ☐ Hot, flushed skin.
- ☐ Restlessness.

### True or False

Circle true or false.

- 8. True False When you give rescue breaths to a victim of a nonfatal submersion, the victim will probably vomit.
- 9. True False When caring for a conscious choking infant, use a combination of 5 back blows and 1 chest thrust.
- 10. True False When providing care to an unconscious choking child, open the mouth and immediately sweep for the object after giving 5 chest thrusts.
- 11. True False A benefit of using a BVM for rescue breathing is that the rescuer can deliver a higher concentration of oxygen to a victim than when using a resuscitation mask.
- 12. True False A BVM may be used on a victim if the rescuer suspects a head, neck or back injury.

### Fill in the Blanks

- 13. A breathing emergency occurs if a victim has difficulty breathing and is called respiratory \_\_\_\_\_.
- 14. If a victim stops breathing during a breathing emergency, it is known as respiratory \_\_\_\_\_, or respiratory failure.
- 15. Rescue breathing is a technique for delivering \_\_\_\_\_ into a victim to give him or her the oxygen needed to survive.
- 16. Abdominal thrusts compress the abdomen, forcing the diaphragm \_\_\_\_\_, which increases pressure in the lungs and airway.

17. When performing rescue breathing on an adult, give \_\_\_\_\_ rescue breath(s) about every second(s) with the rescue breaths lasting for approximately \_\_\_\_\_ second(s).
18. When performing rescue breathing on a child or infant, give \_\_\_\_\_ rescue breath(s) about every \_\_\_\_\_ second(s) with the rescue breaths lasting for approximately second(s).
19. If you give an unconscious adult rescue breaths and they do not make the chest clearly rise, reposition the airway by tilting the \_\_\_\_\_ farther back, and then try the \_\_\_\_\_ again.

### Ordering

Place in the correct order.

20. Place in the correct order the four steps necessary to use a BVM by two rescuers after they have completed the initial assessment.

- \_\_\_\_ Rescuer 1 seals the mask and opens the airway by kneeling behind the victim's head, placing the thumbs along each side of the mask, sliding the fingers into position behind the angles of the jawbone and applying downward pressure with the thumbs to lift the jaw and tilt the head back to open the airway.
- \_\_\_\_ Rescuer 1 positions the mask so that it covers the victim's mouth and nose.
- \_\_\_\_ Rescuer 2 assembles the BVM by attaching the mask to the bag and valve.
- \_\_\_\_ Rescuer 2 begins ventilations by squeezing the bag slowly for about 1 second for an adult, child or infant.

### Short Answer

21. List at least three characteristics of the breathing device known as a face shield.

22. List at least three characteristics of a resuscitation mask.

23. List at least four signs and symptoms of respiratory distress.

**24. List at least two common causes of choking.**

## **CHAPTER 8: CARDIAC EMERGENCIES**

### **Multiple Choice**

**Circle the correct answer.**

- 1. Signs and symptoms of a heart attack include—**
  - a. Chest pain that lasts less than 1 minute.
  - b. Dry, red, hot skin.
  - c. Inability to speak in full sentences.
  - d. Nausea, shortness of breath or difficulty breathing.
- 2. Which of the following is not a specific link in the Cardiac Chain of Survival?**
  - a. Early CPR
  - b. Early defibrillation
  - c. Early recognition of the emergency and early access to EMS
  - d. Early rescue
- 3. You see an older man collapse. You perform an initial assessment and find the man has no movement, breathing or pulse. You begin CPR. How many chest compressions and rescue breaths do you perform in each cycle?**
  - a. 5 chest compressions and 1 rescue breath
  - b. 10 chest compressions and 2 rescue breaths
  - c. 15 chest compressions and 1 rescue breath
  - d. 30 chest compressions and 2 rescue breaths
- 4. Another name for a heart attack is—**
  - a. Angina pectoris.
  - b. Cardiovascular infraction.
  - c. Commotio cordis.
  - d. Myocardial infarction.
- 5. What is the most important action step to take to care for a person you think may be experiencing a heart attack?**
  - a. Check airway, breathing and circulation.
  - b. Have the victim stop what he or she is doing and rest.
  - c. Obtain the victim's consent.



- d. Summon EMS personnel.
- 6. An electrical shock delivered to the heart to correct certain abnormal heart rhythms is called—**
- a. Asystole.
  - b. Defibrillation.
  - c. Diastole.
  - d. Fibrillation.
- 7. It is important for everyone to “stand clear” before using an AED to deliver a shock because—**
- a. The AED may not deliver the correct shock to the victim.
  - b. The AED will not work unless you stand clear.
  - c. The victim’s arm may swing out and strike you when the shock is delivered.
  - d. You or someone else could get shocked.
- 8. Early defibrillation is an important step in the Cardiac Chain of Survival for all of the reasons below EXCEPT—**
- a. Asystole cannot be corrected by defibrillation.
  - b. Delivering an electrical shock disrupts the electrical activity of the heart long enough to allow the heart to spontaneously develop an effective rhythm on its own.
  - c. Each minute that defibrillation is delayed reduces the chance of survival by about ten percent.
  - d. EMS personnel can transport the victim to the hospital more quickly.
- 9. After confirming that a victim has no movement, breathing or pulse, and an AED is available, the next step is to—**
- a. Deliver a shock if one is indicated, after ensuring that no one is touching the victim and there are no hazards present.
  - b. Let the AED analyze the victim’s heart rhythm or push the button marked “analyze.”
  - c. Plug the connector into the AED, and attach the pads to the victim’s chest.
  - d. Turn on the AED.
- 10. When using an AED—**
- a. Check for a pulse while the device is delivering a shock.
  - b. Dry the victim’s chest thoroughly using alcohol and gauze pads.
  - c. Place the victim on his or her side.
  - d. Remove any patch you see on the victim’s chest.
- 11. The pads of an AED for an adult should be placed—**
- a. On the lower right chest and lower left side.
  - b. On the lower right side and upper left chest.
  - c. On the upper right and upper left side of the chest.
  - d. On the upper right chest and lower left side.

- 12. After the initial analysis, if the AED prompt indicates that “no shock is advised,” the next step is to—**
- Begin rescue breathing.
  - Look for movement and recheck for breathing and a pulse.
  - Perform 5 cycles (about 2 minutes) of CPR.
  - Restart the AED.
- 13. If a lifeguard is using an AED on a victim who was removed from the water, all of the following are important EXCEPT—**
- Drying the victim’s chest.
  - Drying the victim’s feet and legs.
  - Making sure there are no puddles of water around you, the victim or the AED.
  - Removing wet clothing for proper pad placement, if necessary.
- 14. When using an AED on a victim with a pacemaker or implanted cardiac device—**
- Adjust pad placement, if necessary.
  - Place the pad directly over the implanted cardiac device.
  - Refrain from using an AED because it cannot be used if the victim has an implanted cardiac device.
  - Reverse the position of the pads on the victim’s chest.
- 15. When using an AED on a child, complete all of the following steps EXCEPT—**
- If the pads are touching, place one pad on the child’s chest and the other pad on the child’s back.
  - Make sure the pads are not touching.
  - Place both AED pads on the child’s abdomen just above the navel.
  - Use pediatric AED pads.

### **Matching**

**16. Match each term with the correct definition.**

**A. Early recognition of the emergency and early access to EMS**

**B. Early CPR**

**C. Early defibrillation**

**D. Early advanced medical care**

- \_\_\_ Given by EMS personnel who provide more advanced medical care and transport the victim to the hospital.
- \_\_\_ An electrical shock that disrupts the electrical activity of the heart long enough to allow the heart to spontaneously develop an effective rhythm on its own.
- \_\_\_ Compressions and ventilations provided by a rescuer to a victim to help supply oxygen to the brain and other vital organs to keep the victim alive.

\_\_\_\_\_ The sooner 9-1-1 or the local emergency number is called, the sooner EMS personnel arrive and take over.

### **Multiple Answers**

**Place a check next to the correct answer or answers.**

**17. An AED with appropriate pediatric pads may be used on children who are—**

- \_\_\_\_\_ Victims of trauma.
- \_\_\_\_\_ Conscious but having chest pain.
- \_\_\_\_\_ In a pool.

**18. An AED may be used on adult—**

- \_\_\_\_\_ Victims of hypothermia in cardiac arrest.
- \_\_\_\_\_ Victims of trauma in cardiac arrest.
- \_\_\_\_\_ Victims with a pacemaker who are in cardiac arrest.
- \_\_\_\_\_ Victims in the water who are in cardiac arrest.

### **True or False**

**Circle True or False.**

- 19. True False** Since a child's chest may be small, it is alright to defibrillate if the pads touch each other when placed on the chest.
- 20. True False** If the AED pads touch each other on the child's chest, the lifeguard should place one pad on the child's chest and the other pad on the child's back, between the shoulder blades.
- 21. True False** Do not to delay defibrillation when taking steps to provide for a dry environment.

### **Fill in the Blanks**

- 22.** When the muscle of the heart suffers a loss of oxygenated blood, the result is a \_\_\_\_\_, or heart attack.
- 23.** As the initial rescuer at the scene performing CPR on an adult, you should perform \_\_\_\_\_ chest compressions followed by \_\_\_\_\_ rescue breaths, at a rate of about \_\_\_\_\_ compressions per minute and compressing the chest \_\_\_\_\_ to \_\_\_\_\_ inches.
- 24.** As the initial rescuer at the scene performing CPR on a child or infant, you should perform cycles of \_\_\_\_\_ chest compressions and \_\_\_\_\_ rescue breaths, at a depth of \_\_\_\_\_ inches for a child and \_\_\_\_\_ to \_\_\_\_\_ inch for an infant.
- 25.** Most victims of sudden cardiac arrest need an electrical shock called \_\_\_\_\_.
- 26.** Advise all rescuers and bystanders to "\_\_\_\_\_ " when analyzing the victim's heart rhythm or delivering a shock to the victim.

27. Do not \_\_\_\_\_ or \_\_\_\_\_ the victim while the AED is analyzing.
28. After the second analysis, if the AED tells the rescuer “no shock advised,” he or she should \_\_\_\_\_.
29. AEDs equipped with pediatric AED pads are capable of delivering appropriate levels of energy to children between \_\_\_\_\_ and \_\_\_\_\_ years of age or weighing less than \_\_\_\_\_ pounds.
30. \_\_\_\_\_ is an abnormal heart rhythm characterized by a state of totally disorganized electrical activity of the heart, resulting in a quivering of the ventricles.
31. \_\_\_\_\_ is an abnormal heart rhythm characterized by very rapid contraction of the ventricles.

**Circle the Correct Answer from the Pair**

32. The incidence of cardiac arrest in children is relatively (high/low) compared to adults.
33. Cardiac arrest resulting from ventricular fibrillation (does/does not) happen to young children.
34. Most cardiac arrests in children (are/are not) sudden.

**Short Answer**

35. List at least five signs or symptoms of a heart attack.
36. List in the correct order the four links in the Cardiac Chain of Survival.
37. List at least three of the most common causes of cardiac arrest in children.
38. List in the correct order the seven steps you must follow to defibrillate a victim using an AED after EMS personnel have been summoned.

39. List at least three situations in which traumatic injuries or accidents may be the cause of sudden cardiac arrest in children.
40. What four steps would you take to use an AED on a victim who has been removed from the water and who is not moving or breathing and has no pulse?
41. What should you do before using an AED on a victim who is wearing a nitroglycerin patch?
42. What might a rescuer notice or feel beneath the skin in the chest or collarbone area of a victim of cardiac arrest?
43. You are providing care for a victim of a nonfatal submersion resulting from an ice-fishing accident. You note that the victim is suffering from hypothermia. List five important points to remember while providing care.

## **CHAPTER 9: FIRST AID**

### **Multiple Choice**

**Circle the correct answer to the question.**

1. The “S” in the mnemonic SAMPLE stands for—
- a. Secondary assessment.
  - b. Signs and symptoms.
  - c. Signs of life.
  - d. Standard of care.

2. **As a lifeguard at a waterfront facility, you should be particularly concerned about patron safety regarding—**
- a. Any changes to the facility budget.
  - b. Cost of the equipment purchased.
  - c. Kinds of marine life around the facility.
  - d. The number of lifeguards trained for the next season.
3. **A physical injury to the body's soft tissue, such as the skin, fat and muscles, is called a—**
- a. Break.
  - b. Concussion.
  - c. Stroke.
  - d. Wound.
4. **To minimize the effects of shock, you should do all of the following EXCEPT—**
- a. Control any external bleeding.
  - b. Have the victim lie down and elevate the legs about 12 inches if a head, neck or back injury or if broken bones in the hips or legs are not suspected.
  - c. Give the victim warm beverages to sip.
  - d. Keep the victim from getting chilled or overheated.
5. **You are on duty at your facility when a patron emerges from the locker room stating that a custodian has had an accident, spilling a small amount of cleaning product in one of her eyes. What should you do to provide care for chemicals in the eye?**
- a. Flush away from the uninjured eye
  - b. Flush eyes with soap and water for 15 minutes
  - c. Flush the eye continuously with water for 10 minutes or until EMS personnel arrive
  - d. Both a and c are correct
6. **Which of the following is true when providing care for a victim who has sustained a serious injury to the abdomen?**
- a. Cover the organs with a moist, sterile dressing and cover the dressing with plastic wrap.
  - b. Do not attempt to put the organs back into the abdomen.
  - c. Place a folded towel or cloth over the dressing to keep the organs warm.
  - d. All of the above.
7. **Take all of the following steps to care for an embedded object EXCEPT—**
- a. Do not remove the object.
  - b. Place a bandage over the object.
  - c. Place several dressings around the object to keep it from moving.
  - d. Summon EMS personnel.

8. **The victim of a heat-related emergency starts to lose consciousness. What should you do after you summon EMS personnel?**
- a. Continue to check for breathing and a pulse.
  - b. Continue to cool the victim by using ice or cold packs on his or her wrists, ankles, groin and neck and in the armpits.
  - c. Have the victim sit up.
  - d. Both a and b are correct.
9. **Frostbite is the freezing of body parts exposed to the cold. The severity depends on—**
- a. Air temperature, body temperature and length of exposure.
  - b. Air temperature, length of exposure and the wind.
  - c. Air temperature, length of the body part and the wind.
  - d. Body temperature, length of exposure and the wind.

### **Matching**

**10. Match each term with the correct definition.**

- A. Diabetic emergency**
- B. Fainting**
- C. Seizures**
- D. Poisoning**
- E. Stroke**

- \_\_\_ Too much or too little sugar in the blood.
- \_\_\_ Weakness or numbness usually on one side of the body, slurred speech or blurred vision.
- \_\_\_ Any substance that can cause injury, illness or death when introduced into the body.
- \_\_\_ Suddenly losing consciousness and then reawakening.
- \_\_\_ A condition recognized by uncontrolled, jerking body movements.

**11. Match each term with the correct definition.**

- A. Abrasion**
- B. Laceration**
- C. Avulsion**
- D. Puncture**

- \_\_\_ A cut in which a piece of soft tissue or even part of the body, such as a finger, is torn loose or is torn off entirely. Often, deeper tissues are damaged, causing significant bleeding.
- \_\_\_ A wound in which the skin has been rubbed or scraped away. The area usually is painful.
- \_\_\_ Often does not bleed a lot and can easily become infected. Bleeding can be severe with damage to major blood vessels or internal organs.

\_\_\_ Cuts bleed freely and deep cuts can bleed severely. Deep cuts can damage nerves, large blood vessels and other soft tissues.

**12. Match each term with the correct definition.**

**A. First degree burns**

**B. Second degree burns**

**C. Third degree burns**

\_\_\_ Burns that are full thickness

\_\_\_ Burns that are partial thickness

\_\_\_ Burns that are superficial

**13. Match each term with the correct definition.**

**A. Fractures**

**B. Dislocations**

**C. Sprains**

**D. Strains**

\_\_\_ The tearing of ligaments at a joint.

\_\_\_ A complete break, a chip or a crack in a bone.

\_\_\_ The movement of a bone away from its normal position at a joint.

\_\_\_ The stretching and tearing of muscles or tendons.

**14. Match each term with the correct definition.**

**A. Anatomic splints**

**B. Soft splints**

**C. Rigid splints**

**D. The ground**

\_\_\_ Boards, folded magazines or newspapers or metal strips that do not have any sharp edges.

\_\_\_ Soft materials, such as a folded blanket, towel, pillow or folded triangular bandage.

\_\_\_ A flat and level surface used to immobilize a body part.

\_\_\_ The person's body or body part used to immobilize another body part.

**15. Match each term with the correct definition.**

**A. Heat cramps**

**B. Heat exhaustion**

**C. Heat stroke**

\_\_\_ Signals include cool, moist, pale, ashen or flushed skin; headache, nausea, dizziness; weakness, exhaustion; and heavy sweating.

\_\_\_ Signals include red, hot, dry skin; changes in the level of consciousness; and vomiting.

\_\_\_ Signals include painful muscle spasms that usually occur in the legs and abdomen.



## Multiple Answers

Place a check next to the correct answer or answers

**16. To which of the following sudden illnesses or injuries should cold packs be applied?**

- ☐ Insect sting
- ☐ Snakebite
- ☐ Spider bite
- ☐ Scorpion sting
- ☐ Stingray sting
- ☐ Jellyfish sting

## True or False

Circle true or false.

- 17. True False    The “P” in the mnemonic SAMPLE stands for “pertinent past medical history.”**
- 18. True False    When speaking with children, do not kneel since this may confuse the child.**
- 19. True False    During a secondary assessment, you should perform a quick head-to-toe examination of a child or infant, then take a brief history.**
- 20. True False    If any life-threatening conditions develop when performing the secondary assessment, quickly complete the assessment and then provide the appropriate care to the victim.**
- 21. True False    Following a seizure, the victim may be drowsy and unresponsive for a time.**
- 22. True False    Spider bites at aquatic facilities often occur on the hands and arms when people reach or rummage in dark areas, such as lockers or storage areas.**
- 23. True False    Most external bleeding injuries a lifeguard will encounter will be minor, such as a small cut, that can be cared for by applying an adhesive bandage.**
- 24. True False    During an accident, shock is a natural reaction by the body.**
- 25. True False    When treating an eye injury, do not put direct pressure on the eye.**
- 26. True False    Although knowing whether the injury is a fracture, dislocation, sprain or strain may be difficult, you must decide what type of injury the victim has because the care you provide will differ.**
- 27. True False    Splinting is a method of immobilizing an injured extremity and should be used only if moving or transporting a person to seek medical attention and if splinting does not cause further pain.**

28. True False    **A person who has been immersed in the water can develop a cold-related illness, even when temperatures are not extreme.**
29. True False    **Hypothermia can cause the loss of body parts.**
30. True False    **Rapid warming of a victim of hypothermia may cause dangerous heart rhythms.**
31. True False    **Temperatures do not need to be extremely cold for someone to suffer a cold-related emergency, especially if conditions are windy or the victim is wet.**
32. True False    **Scalp injuries often bleed heavily. Putting pressure on the area around the wound can control the bleeding.**
33. True False    **When dealing with a scalp injury, apply firm pressure at first because there may be a skull fracture.**
34. True False    **If a depression, spongy areas or bone fragments are felt when treating a scalp injury, do not put direct pressure on the wound.**

#### **Fill in the Blanks**

35. The “E” in the mnemonic SAMPLE stands for \_\_\_\_\_ leading up to the incident.
36. After completing the initial assessment and determining that there are no life-threatening conditions, perform a \_\_\_\_\_.
37. Always summon EMS personnel if a victim of a diabetic emergency does not feel better within about \_\_\_\_\_ minutes after taking sugar.
38. Insect stings can be fatal for some people who have severe \_\_\_\_\_ reactions. This reaction may result in a(n)\_\_\_\_\_ emergency.
39. If you suspect that a person is showing signs of poisoning, call the \_\_\_\_\_ at 1-800-222-1222.
40. \_\_\_\_\_ wounds occur beneath the surface of the skin. \_\_\_\_\_ bleeding may occur when the skin’s surface is not broken and damage to soft tissue and blood vessels happens below the surface.
41. In a(n)\_\_\_\_\_ wound, the break in the skin can be as minor as a scrape of the surface layers or as severe as a deep penetration. The amount of bleeding depends on the \_\_\_\_\_ and severity of the injury.
42. Signs and symptoms of shock include—
- a. \_\_\_\_\_ or irritability.
  - b. Altered level of \_\_\_\_\_.
  - c. Pale or ashen, cool, moist \_\_\_\_\_.
  - d. Nausea or \_\_\_\_\_.

- e. Rapid \_\_\_\_\_.
  - f. \_\_\_\_\_ pulse.
  - g. Excessive \_\_\_\_\_.
43. If a tooth is knocked out, put a sterile \_\_\_\_\_ in the space left by the tooth. Have the victim down on it gently to put pressure on the dressing. Preserve the tooth by placing it in \_\_\_\_\_ and keep it with the victim. Handle the tooth by the crown (white part), not the root.
44. How severe a burn is depends on—
- a. The temperature or strength of the \_\_\_\_\_ or other source.
  - b. The length of \_\_\_\_\_ to the burn source.
  - c. The \_\_\_\_\_ of the burn.
  - d. The area and \_\_\_\_\_ of the burn.
  - e. The victim's \_\_\_\_\_ and general medical condition.
45. When caring for muscle, bone and joint injuries, use the general procedures for a land emergency and—
- a. Summon EMS personnel if the victim cannot \_\_\_\_\_ or use the injured area.
  - b. Support the injured area \_\_\_\_\_ and \_\_\_\_\_ the site of the injury.
  - c. Check for \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ below the injured area.
  - d. \_\_\_\_\_ and secure the injured area if the victim must be moved and it does not cause further \_\_\_\_\_ or injury.
  - e. \_\_\_\_\_ for feeling, warmth and color \_\_\_\_\_ the injured area.
46. If splinting is necessary—
- a. Splint the injury in the \_\_\_\_\_ in which the injured area was found.
  - b. Splint the injured area and the joints or bones \_\_\_\_\_ and \_\_\_\_\_ the injury site.
  - c. Check for \_\_\_\_\_ (i.e., feeling, warmth and color) before and after splinting.
47. Take the following steps to care for someone suffering from a heat-related emergency—
- a. Move the victim to a \_\_\_\_\_ place.
  - b. \_\_\_\_\_ tight clothing.
  - c. \_\_\_\_\_ perspiration-soaked clothing.
  - d. Apply cool, wet \_\_\_\_\_ to the skin.
  - e. Fan the \_\_\_\_\_.
  - f. If the victim is conscious, give him or her small amounts of \_\_\_\_\_ to drink.
48. The signs and symptoms of frostbite include—
- a. A lack of \_\_\_\_\_ in an affected area.
  - b. \_\_\_\_\_ that appears waxy, \_\_\_\_\_ to the touch or discolored (flushed, white, yellow or blue).

### **Ordering**

**Place the following in the correct order.**

**49. Place in the correct order the five steps taken to provide general care for a dry chemical that gets on the skin causing a burn.**

- \_\_\_\_\_ If possible, have the person remove contaminated clothes to prevent further contamination while continuing to flush the area.
- \_\_\_\_\_ Size up the scene.
- \_\_\_\_\_ Brush off dry chemicals with a gloved hand, being careful not to get the chemical on oneself or to brush it into the victim's eyes.
- \_\_\_\_\_ Flush the affected area continuously with large amounts of water. Keep flushing the area for at least 20 minutes or until EMS personnel arrive.
- \_\_\_\_\_ Summon EMS personnel.

### **Circle the Correct Answer from the Pair**

**50. If you are providing care to a victim of a diabetic emergency who has elevated blood sugar and who is conscious, (do/do not) give him or her sugar in a liquid form.**

**51. If a patron faints, make sure the victim is breathing and (give/do not give) the victim something to drink.**

**52. If the victim vomits (do/do not) place the victim on his or her side.**

**53. (Do/Do not) give food or drink to a victim of shock.**

**54. (Do/Do not) attempt to restrain a seizure victim.**

**55. To provide care to a victim of a nosebleed, have the victim lean (forward/backward) and pinch the nostrils together until the bleeding stops.**

**56. (Do/Do not) warm the victim of hypothermia quickly, such as by immersing him or her in warm water.**

### **Short Answer**

**57. List at least five things a lifeguard should do during a secondary assessment on a conscious adult.**

**58. What is the "L" stand for in the mnemonic SAMPLE?**

- 59. Why is looking for a medical identification tag or bracelet worn by a victim important?**
- 60. How does treatment of an electrical burn differ from a heat burn?**
- 61. You are providing care to a conscious child. List at least four important things to remember when interacting with a child.**
- 62. List at least three types of sudden illness that can affect a patron at your facility.**
- 63. What things should you NOT do for a victim of a snakebite?**
- 64. You are providing care for a victim of a seizure in the water. List in order the four steps you should take to appropriately care for the victim.**
- 65. While leaving your facility, you note that another lifeguard who was cleaning the locker room is unconscious. You see two bottles of cleaner that should not be mixed together. The lifeguard appears to have inhaled poisonous fumes. What steps should you take?**

- 66. As a lifeguard, you must know the signs and symptoms of sudden illnesses. Many sudden illnesses have similar signs and symptoms. List at least four signs and symptoms of sudden illnesses.**
- 67. To care for a major open wound you should follow the general procedures for injury or sudden illness on land and perform what additional four steps?**
- 68. List three steps you would take to care for bleeding that does not stop from a major open wound after you have applied the first dressing.**
- 69. A parent with a child comes to you when you are not on surveillance duty and asks for your help. The child has sand or some other type of small debris in her eye. What three steps do you take to provide care?**
- 70. If a pregnant woman is about to give birth, summon EMS personnel. List five important facts to give to the dispatcher.**
- 71. List the four sources of burns.**
- 72. In addition to wind and humidity, what other four conditions can contribute to heat- and cold-related emergencies?**

**73. List at least five signs and symptoms of hypothermia.**

**74. List in order the nine steps necessary to care for frostbite.**

## **CHAPTER 10: CARING FOR HEAD, NECK AND BACK INJURIES**

### **Multiple Choice**

**Circle the correct answer to the question.**

- 1. Victims with a head, neck or back injury may show specific signs and symptoms, such as—**
  - a. Elevated body temperature.
  - b. Tingling or loss of sensation in the hands, fingers, feet or toes.
  - c. Excessive thirst.
  - d. Painful muscle spasms in the legs and abdomen.
- 2. Which of the following techniques can be used in the water to minimize movement of the victim's head and neck during a suspected head, neck or back injury rescue?**
  - a. Chin splint
  - b. Head and back support
  - c. Head splint technique
  - d. Back splint technique

### **Multiple Answers**

**Place a check next to the correct answer or answers**

- 3. Signs and symptoms of a possible head, neck or back injury may include—**
- ☐ Blood or other fluids in the ears or nose.
  - ☐ Stomach ache or indigestion.
  - ☐ Broken arm.
  - ☐ Severe pain or pressure in the head, neck or back.
  - ☐ Rapid pulse.
  - ☐ Loss of balance.
  - ☐ Sprained ankle.

- \_\_\_ Impaired breathing or vision as a result of injury.
- \_\_\_ No pulse.
- \_\_\_ Partial or complete loss of movement of any body area.
- \_\_\_ Pain in the chest.
- \_\_\_ Tingling or loss of sensation in the hands, fingers, feet or toes.
- \_\_\_ Slurring of words and weak facial muscles on one side of the face.
- \_\_\_ Unusual bumps, bruises or depressions on the head, neck or back.
- \_\_\_ Changes in the level of consciousness.
- \_\_\_ Seizures.
- \_\_\_ Complete or partial inability to move the arms and legs.

### **True or False**

#### **Circle True or False.**

4. True False **Head, neck and back injuries frequently happen during supervised diving activities.**
5. True False **To remove a victim from the water with a head, neck or back injury, you must first secure the victim on a backboard.**
6. True False **If the victim of a head, neck or back injury in the water is not breathing, immediately remove the victim from the water using a backboard.**
7. True False **Only the head splint technique can be used in shallow water, greater than 3 feet to minimize head and neck movement.**
8. True False **Do not use the rescue tube for support when performing the head and chin support on a face-down victim in deep water.**
9. True False **When using the head and chin support or the head splint technique on a victim of a head, neck or back injury in shallow water, you should submerge your body to about shoulder depth before touching the victim.**
10. True False **Lifeguards may have to modify the care provided to a person with a head, neck or back injury.**

### **Fill in the Blanks**

11. **Most head, neck and back injuries occur during \_\_\_\_\_ activities.**
12. **Lifeguards should always assume that a head, neck or back injury occurred in the following situations—**
  - a. **Any \_\_\_\_\_ entry into shallow water.**
  - b. **A fall from a height \_\_\_\_\_ than the victim's height.**
  - c. **An injury involving a \_\_\_\_\_ board or water slide.**
  - d. **A person entering the water from a \_\_\_\_\_, such as an embankment, cliff or tower.**



13. The care provided to a victim with a head, neck or back injury in the water depends on—
- The victim's \_\_\_\_\_, including whether he or she shows signs of life.
  - The \_\_\_\_\_ of the victim (shallow or deep water, at the surface of the water, submerged or not in the water).
  - The availability of additional \_\_\_\_\_.
  - The facility's \_\_\_\_\_.
  - The \_\_\_\_\_ and \_\_\_\_\_ temperature.
14. The head and chin support is used for face-up and face-down victims, at or near the surface, in shallow water at least \_\_\_\_\_ feet deep.
15. At least \_\_\_\_\_ lifeguards are needed to place and secure a victim on a backboard. Additional \_\_\_\_\_ should also help if available.
16. If a lifeguard treats a victim of a suspected head, neck or back injury, the lifeguard should tell the victim not to \_\_\_\_\_ his or her head to answer any questions, but to answer “yes” or “no.”

### Ordering

Place the following in the correct order.

17. Place in the correct sequence the eight steps necessary to rescue a person with a head, neck or back injury in the water.

- \_\_\_\_\_ Provide emergency care as needed
- \_\_\_\_\_ Activate the facility's emergency action plan
- \_\_\_\_\_ Remove the victim from the water
- \_\_\_\_\_ Assess the victim's condition
- \_\_\_\_\_ Check for consciousness and signs of life
- \_\_\_\_\_ Safely enter the water
- \_\_\_\_\_ Move the victim to shallow water whenever possible
- \_\_\_\_\_ Perform an appropriate rescue

18. Place in the correct sequence the six steps for caring for a head, neck or back injury in extreme shallow water if the victim is found face-down.

- \_\_\_\_\_ The lifeguard comforts the victim while another rescuer monitors the victim's ABCs until EMS personnel arrive and take over.
- \_\_\_\_\_ While rolling the victim's head, the lifeguard steps from the victim's side toward the victim's head and turns the victim face-up.
- \_\_\_\_\_ The lifeguard approaches the victim from the side and moves his or her arms slowly and carefully into position. The lifeguard grasps the victim's right arm with his or her right hand and the left arm with his or her left hand and traps the victim's head between the arms.

- \_\_\_\_\_ The lifeguard holds the victim in this position.
- \_\_\_\_\_ After the head is secured between the arms, the lifeguard begins to roll the victim toward him or herself.
- \_\_\_\_\_ The lifeguard then lowers his or her arm on the victim's side that is closest to the lifeguard so that the victim's arms go over the top of the lifeguard's arm as he or she steps toward the victim's head. It is important to maintain arm pressure against the victim's head, since the lifeguard's hand position will change during this maneuver. The lifeguard will now be positioned above and behind the victim's head.

**Circle the Correct Answer from the Pair**

- 19. When performing the head splint technique, grasp the victim's arms midway between the (shoulder/wrist) and the elbow.**
- 20. When securing a victim of a head, neck or back injury to a backboard, always strap (high/low) across the chest.**
- 21. Once you have finished securing the straps on the backboard over a victim of a head, neck or back injury in the water, you (should/should not) recheck the straps for tightness.**

**Short Answer**

- 22. List at least five situations in which a head, neck or back injury may occur in the water.**
- 23. You are on duty when a patron swimming on her back swims into the wall and suffers a neck injury. List the three most important steps in treating her injury.**
- 24. When strapping a victim to a backboard, where and in what order should the three straps be placed?**

- 25. List, in order, the six steps to perform the head and chin support on a face-up victim, at or near the surface of the water.**
- 26. List the three proper lifting techniques lifeguards should use to avoid injury while removing a victim from the water using a backboard.**
- 27. You are providing care for a face-down victim of a head, neck or back injury in water less than 3 feet deep. What type of in-line stabilization technique would you use?**
- 28. Why is securing a standing victim of a head, neck or back injury to a backboard on land as important as it is to secure a victim of a head, neck or back injury to a backboard in water?**
- 29. List three specific situations in various aquatic facilities that would require special considerations for caring for a victim of a head, neck or back injury?**